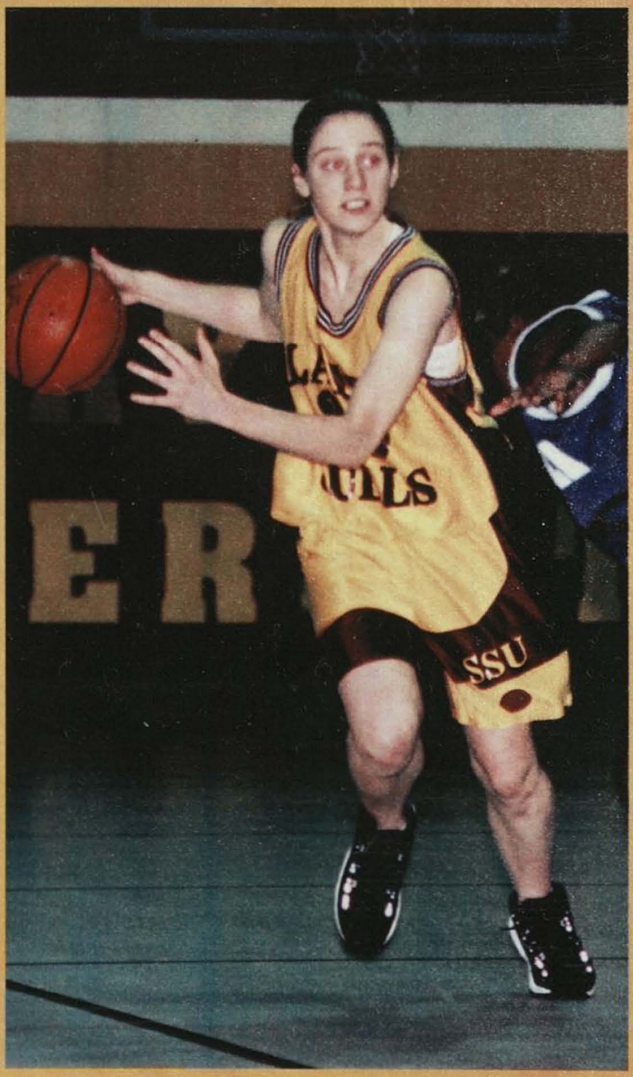
SEAGULLS

SALISBURY STATE UNIVERSITY

1998-1999

WOMEN'S BASKETBALL



SSU at a glance

The resources of a University ...
6,000 students from 36 states and 50 foreign countries
29 undergraduate and 8 graduate programs
200 full-time tenure-track faculty, 85 percent with terminal degrees, including National Endowment for the Humanities scholars and Fulbright professors.
NCAA Division III Athletics, 9 men's, 10 women's intercollegiate teams; 22 intramural sports

... with small-school opportunities.
Approachable faculty (17:1 student/faculty ratio)
Honors program with dedicated faculty at the Bellavance Honors Center. Ten residence complexes including traditional, co-ed, suite and apartment styles.

The security of state support ...
1998-99 tuition, room, board and fees: $9,392 per year for Maryland residents; $13,602 per year out-of-state.
A library with over 800,000 volumes, periodicals, microforms and databases including word processing and computer labs. Access to collections throughout the country.

... with the benefits of private funding.
Altogether, SSU awards nearly $1 million in academic scholarships each year. More than $24 million in private endowments supports some of those scholarships and provides for some of the finest educational programs.

In an ideal–and idyllic–location:
Salisbury, MD, is 30 miles west of the Atlantic Ocean and Ocean City, MD, and 20 miles east of the Chesapeake Bay; 2 hours from Baltimore, Washington, D.C. and Wilmington, DE. The campus is 2 1/2 hours from Norfolk, VA, and Philadelphia, PA, and 4 1/2 hours from New York.

Come see us–in person, or in cyberspace. We'd love to see your smiling face, but if you can't get here, check out our Web site.
We're at **http://www.ssu.edu.**

SSU's campus is in an attractive, residential neighborhood of stately homes on sculpted lawns, less than one-half mile from the banks of the Wicomico River. The campus includes 34 buildings on 125 landscaped acres. Students walk from one end of campus to the other in about 5 minutes.

Head Coach Bridget Benshetler

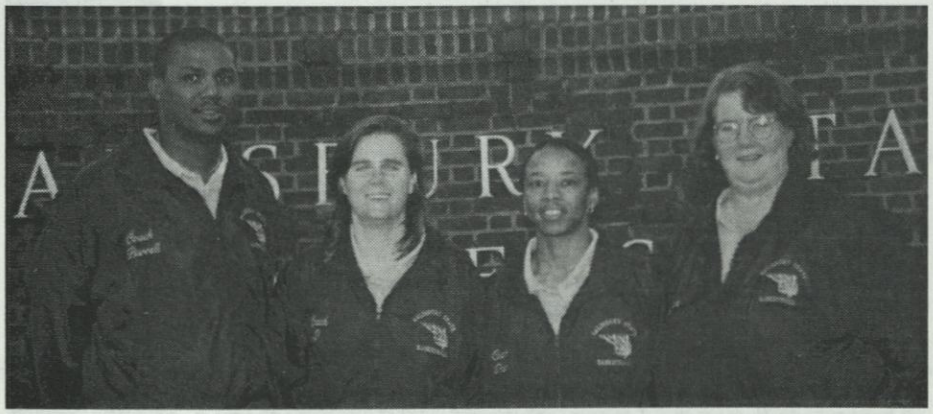
Now in her ninth season as the Sea Gulls' head coach, Bridget Benshetler has guided the Salisbury State University women's program to its greatest accomplishments. Under her leadership, the Gulls have registered four consecutive winning seasons and earned two invitations to the NCAA Championship Tournament. Benshetler's teams have won 70 games over the last four seasons, including a school-record 21-7 mark and the first ever appearance in the NCAA Tournament in 1995.

In four seasons as a member of the Capital Athletic Conference, Salisbury State has won 41 of 56 regular season games and advanced to the CAC Tournament Championship game twice. In recognition of her efforts, Benshetler, who has a 109-95 career record, was named 1994-95 Coach of the Year in the Capital Athletic Conference.

A highly motivated and spirited coach, Benshetler brings an attitude of enthusiasm and energy to every Sea Gull game and practice. She is a firm believer in teaching the fundamentals of the game and constantly stresses hard work, attitude and togetherness to her squads. The Texas native also works hard in the off-season to promote women's basketball throughout the Eastern Shore, giving time to several clinics and camps designed specifically for girls in the region.

Prior to taking the reins at SSU in 1990, Benshetler initiated and piloted the women's basketball program at Penn State University, Delaware County. She also served as an assistant at West Chester University.

Benshetler is a 1986 graduate of Hofstra (NY) University, where she was a four-year member of the basketball team. She earned her M.S. in health and physical education from West Chester University in 1990. In addition to her duties as head coach, Benshetler also serves as an instructor in SSU's Physical Education Department.



The Sea Gull Coaching Staff (from left):
Calvin Burrell, Bridget Benshetler, Suzette Thom, Kelly Whitmore.

1998-99 Season Outlook

The Sea Gulls return eight letterwinners and four starters from last year's 14-12 squad, which advanced to the semifinal round of the Capital Athletic Conference Tournament. Those players, in addition to a talented group of newcomers, should help the Gulls challenge for top honors in the CAC race again this year.

"We have a solid core of six returning players who either started or played significant time off the bench," said Head Coach **Bridget Benshetler**, now in her ninth season at SSU. "That experience will serve as our base this season."

The strength of this year's team appears to be the backcourt, where the Gulls return two all-conference performers. Senior point guard **Amy Cooke** (14.6 ppg, 7.9 apg) and junior wing-guard **Jessica Latour** (15.6 ppg) combine to form perhaps the most potent combination in the conference. Cooke, coming off a year in which she set personal bests in both scoring and assists, was a first-team all-CAC player in 1998. She also finished third in the nation in assists with 7.9 per game.

Latour earned second-team all-conference honors last season after gaining first-team status as a freshman. She has been the team's leading scorer in each of her two seasons, with a chance to reach the 1,000-point milestone during her junior year. She enters the season with 762 points.

"Cooke is a seasoned veteran now and our team leader," said Benshetler. "She worked hard in the off-season and has really improved on her defense. She should enjoy her best season yet.

"Latour is a scorer and she already looks more comfortable than she did last season. She's also a better rebounder than people think."

Sophomore **Michelle Deschu,** who saw action in all 26 games last year with six starts, moves into the starting five this season. Deschu, a strong defensive player, should also improve on last year's 6.2 ppg average.

Junior **Shannon Noon** (5.0 ppg) and sophomore **Sara Wright** (3.6 ppg) will also see time in the backcourt, as will newcomers **Jamie Kohlenstein** and **Heidi Buchanan**.

The frontcourt is led by a pair of sophomore forwards, 6'0" **Lisa Neylan** and 5'11" **Elisabeth Barfuss.** Neylan averaged 11.1 ppg and 11.3 rpg, finishing third in the conference in rebounds. She was Salisbury's leading rebounder in 20 of 26 games. Barfuss, who averaged 9.1 ppg and 4.0 rpg, is stronger than last year and should improve on her numbers in both areas.

"Neylan is quicker than last year and Barfuss is stronger," said Benshetler. "Both are more confident this season with one year now under their belts."

Two other freshmen—5'9" **Jessica Baker** and 5'11" **Sara Scangarello**—will join Neylan and Barfuss in a four-person frontcourt rotation.

"I think this can be the best team we've had in nine years," said Benshetler. "This is the deepest team we've had yet. I think we can challenge for first place in the conference again this year and we should be among the top three teams in the CAC. Our focus is to get to the championship game."

Players to Watch

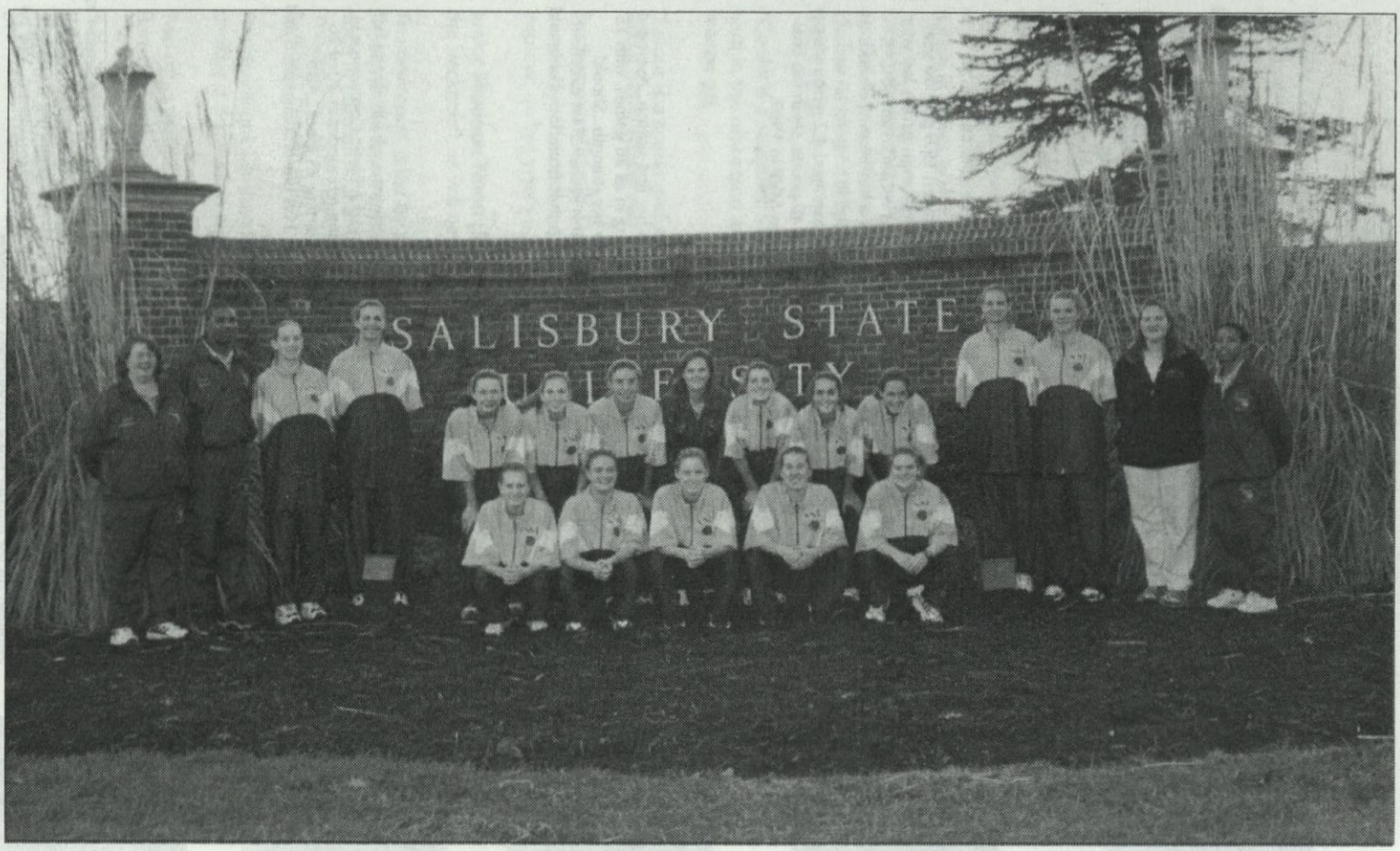
Amy Cooke
Guard 5-6 Senior
East Windsor, NJ
A four-year starter who may be among the top backcourt players in the nation this year...A first-team all-Capital Athletic Conference honoree in 1998...Selected to the *d3hoops online* preseason all-America team for the 98-99 season...Will likely become the first SSU women's player to record 1,000 points and 500 assists...Finished third in the nation as a junior with 7.9 assists/game...Led the conference in assists for the second straight year...Also averaged 14.6 ppg...Has started all 80 games for the Gulls during her first three seasons...On track to become SSU's all-time assist leader early in her final season...Has 513 assists through her first three years...Two-year team captain.

Jessica Latour
Guard 5-7 Junior
Bricktown, NJ
SSU's top scorer in each of her first two seasons...Averaged 15.6 ppg last year after registering 17.9 ppg as a freshman...Missed the first seven games last year while recovering from a preseason knee injury...Earned second team all-CAC honors after earning first team all-conference status as a freshman...Finished second in the conference in both free throw percentage (83.5 percent) and three-point percentage (41.4 percent) last year...Also averaged 4.2 rebounds per game...Shares the SSU single-game scoring record of 40 points, set in the final game of her freshman season against Gallaudet...Team MVP in 1997.

Elisabeth Barfuss
Forward 5-11 Sophomore
Dale City, VA
A talented forward who made a significant impact in her first season...Averaged 9.1 ppg and 4.0 rebounds as a freshman while playing in all 26 games, with 15 starts...Has worked hard in the off-season to improve her strength...Should improve on both her scoring and rebounding totals this season...Has excellent conditioning...A legitimate scorer who can produce points from both inside and outside.

Lisa Neylan
Center 6-0 Sophomore
Trenton, NJ
Another second-year player who made an immediate impact as a freshman last year...Led the Sea Gulls and finished third in the Capital Athletic Conference in rebounds with 11.1 per game...Was the team's leading rebounder in 20 of 26 games last year...Played in all 26 games as a frosh, starting 25 times...Also finished third on the team in scoring with 11.1 ppg...Has outstanding speed and strength and also runs the floor very well for her size.

Michele Deschu
Guard 5-5 Sophomore
Trenton, NJ
One of the team's top defensive players who saw significant action as a freshman...Played in all 26 games, with six starts...Projected to start the season as a member of the first five this year...Has good quickness...Maintains excellent conditioning and fitness...Averaged 6.2 ppg as a freshman...Finished second on the team in steals with 41...Has the ability to score from behind-the-arc...Will be counted on for greater point production this season.



1998-99 Sea Gull Roster

No	Name	Pos	Yr	Hgt	Hometown	High School
10	Leann Karl	G	So	5-4	Selbyville, DE	Indian River
11	Shannon Noon	G	Jr	5-6	Millersville, MD	Arundel
12	Michele Deschu	G	So	5-5	Trenton, NJ	Hamilton West
14	Dawn Joyce	G	Fr	5-5	Lester, PA	Cardinal O'Hara
20	Amy Cooke	G	Sr	5-6	East Windsor, NJ	Notre Dame
21	Jessica Baker	F	Fr	5-8	Myersville, MD	Middletown
22	Elisabeth Barfuss	F	So	5-11	Dale City, VA	Hylton
23	Sara Wright	G	So	5-5	Midlothian, VA	Midlothian
24	Ginnie Manley	G	Fr	5-2	Richmond, VA	James River
25	Sara Scangarello	F	Fr	5-11	Medford, NJ	Shawnee
30	Kelly Palmer	G	Fr	5-8	Frederick, MD	Linganore
32	Lisa Neylan	F	So	6-0	Trenton, NJ	Steinert
33	Jessica Latour	G	Jr	5-8	Bricktown, NJ	St. Rose
42	Heidi Buchanan	G	Fr	5-9	Bel Air, MD	Bel Air
45	Jamie Kohlenstein	G	Fr	5-8	Harrisonburg, VA	Harrisonburg

Head Coach – Bridget Benshetler (9th year)
Assistants – Suzette Thom, Calvin Burrell, Kelly Whitmore
Captain – Amy Cooke

Sea Gull Quick Facts

Location	Salisbury, MD
Founded	1925
Enrollment	6,000
President	Dr. William C. Merwin
Colors	Maroon and Gold
Nickname	Sea Gulls
Web Site	www.ssu.edu
Affiliation	NCAA Division III, ECAC
Conference	Capital Athletic Conference (CAC)
Home Arena	Maggs Center
Capacity	2,000
Athletics Director	Dr. Michael P. Vienna
Athletics Dept. Phone	410-548-3503
Sports Information Director	G. Paul Ohanian
SID Phone	410-543-6016
SID Fax	410-543-6068
Head Coach	Bridget Benshetler
Alma Mater	Hofstra '86
Record at School, Years	109-95 (9th year)
Overall Record	Same
Coach's Phone	410-543-6003
Coach's E-mail	babenshetler@ssu.edu
Assistant Coaches	Suzette Thom, Calvin Burrell, Kelly Whitmore
1997-98 Record	14-12 (9-5 CAC)
Lettermen Returning/Lost	8/5
Starters Returning	4
Captain	Amy Cooke

Team Records-Single Game

Most Points Scored	109 vs Coppin State	12-6-74
Fewest Points Allowed	12 vs Coppin State	12-6-74
(before 1974)	0 vs Villa Julie	3-3-62
Largest Margin of Victory	97 points vs Coppin State	12-6-74
Fewest Points Scored	33 vs Towson University	1-24-78
(before 1974)	12 vs Bridgewater	2-12-65
Most Field Goals Made	50 vs Coppin State	12-6-74
Best Field Goal Percentage	.621 vs Stockton State	2-22-86
Most Free Throws Made	36 vs Wesley	1-19-98
Most Free Throws Attempted	49 vs Catholic	3-1-85
Best Free Throw Percentage	.917 (11-12) vs Stockton State	2-22-86
Most 3-Point Field Goals Made	10 vs. West Chester	2-4-92
Most 3-Point Field Goals Attempted	34 vs York (PA)	2-21-89
Best 3-Point FG Percentage	.750 (6-8) vs Lebanon Valley	12-3-89
Most Rebounds	77 vs. Jersey City State	11-24-91
Most Assists	32 vs. Rutgers/Camden	2-19-86
Most Steals	39 vs. Jersey City State	11-24-91
Most Blocked Shots	9 vs. Frostburg State	1-21-86

The Recordbook

Individual Records

Most Points

Game	40	Jessica Latour vs. Gallaudet	2-26-97
	40	Dawn Webb vs. Shenandoah	1-28-89
Season	597	Dawn Webb	1988-89
Career	1503	Dawn Webb	1985-89

Most Rebounds

Game	32	Kim Roth vs. Lynchburg	12-16-93
Season	480	Dawn Webb	1988-89
Career	1329	Kim Roth	1991-95

Most Assists

Game	15	Amy Cooke vs. Catholic	12-3-97
	15	Vicki Miller vs. Lincoln	2-13-90
	15	Diana DeJesus vs. Rutgers/Camden	2-19-86
Season	209	Diana DeJesus	1985-86
Career	554	Diana DeJesus	1982-86

Most Field Goals Made

Game	17	Josie Harper vs. UMES	1-18-83
Season	239	Dawn Webb	1988-89
Career	620	Amy Fenzel	1991-96

Most Free Throws Made

Game	14	Jessica Latour vs. Wesley	1-19-98
	14	Sarah Jones vs. Kean	1-7-94
Season	118	Dawn Webb	1988-89
Career	326	Dawn Webb	1988-89

Most Three-Point Field Goals Made

Game	7	Gini McDowell vs. West Chester	2-3-92
	7	Jen Boone vs. Cabrini	1-25-92
Season	50	Sandy Jankevicius	1989-90
	49	Jen Boone	1991-92
Career	97	Christie Ivison	1987-91

Most Steals

Game	12	Vicki Miller vs. Shenandoah	1-16-91
	12	Jeannie Daly vs. Jersey City St.	11-24-91
Season	144	Vicki Miller	1990-91
Career	368	Vicki Miller	1987-91

Career Scoring Leaders

Name	Years Played	Points
1) Dawn Webb	1985-89	1503
2) Amy Fenzel	1991-96	1477
3) Kim Fiedler	1983-87	1456
4) Myra Sturgis	1984-88	1394
5t) Josie Harper	1979-83	1293
5t) Kim Roth	1991-95	1293
7) Jen Boone	1989-93	1210
8) Sandy Jankevicius	1986-90	1198
9) Gail Tatterson	1973-77	1168
10) Kristi Kauffman	1993-96	870
11) Amy Cooke	1995-98	833
12) Sara Marvel	1983-85	790
13) Jessica Latour	1996-98	762
14) Diana DeJesus	1982-86	738
15) Vicki Miller	1987-91	733
16) Barb King	1978-82	731
17) Margie Knight	1975-79	704

Career Rebound Leaders

Name	Years Played	Rebounds
1) Kim Roth	1991-95	1329
2) Dawn Webb	1985-89	1254
3) Amy Fenzel	1991-96	991
4) Josie Harper	1979-83	914
5) Myra Sturgis	1984-88	839
*6) Gail Tatterson	1973-77	567
7) Cindy Daugherty	1976-80	560
8) Kim Fiedler	1983-87	488
9) Sandy Jankevicius	1986-90	481
10) Terry Neville	1975-78	480
11) Barb King	1978-82	474
12) Pam Hopkins	1980-83	441
13) Sara Marvel	1983-85	440
14) Jeannie Daly	1989-92	422

*Rebounds not officially recorded until 1975-76 season.

1998 All-CAC Squad

Ronda Miller, Gallaudet
Amy Cooke, Salisbury State
Erica Pearson, St. Mary's
Lindsay Stover, Mary Washington
Amy Anderson, York

1998-99 Sea Gull Schedule

Date	Opponent	Site	Time
Nov. 21	Johns Hopkins Tournament	Baltimore, MD	
	SSU vs. Nazareth		2 p.m.
	Johns Hopkins vs. John Carroll		4 p.m.
Nov. 22	Consolation & Championship Game		1/3 p.m.
Nov. 24	Christopher Newport	Newport News, VA	5:30 p.m.
Dec. 2	Gallaudet *	Washington, D.C.	6 p.m.
Dec. 4	SALISBURY OPTIMIST GULL CLASSIC	MAGGS CENTER	
	Cabrini vs. Newport News Apprentice		1 p.m.
	Salisbury State vs. NC Wesleyan		6 p.m.
Dec. 5	Consolation & Championship Game		1/6 p.m.
Dec. 12	GOUCHER *	MAGGS CENTER	2 p.m.
Jan. 5	COLLEGE of NEW JERSEY	MAGGS CENTER	5:30 p.m.
Jan. 8	King's College Tournament	Wilkes-Barre, PA	
	SSU vs. Rensselaer Polytechnic		6 p.m.
	King's vs. City College of New York		8 p.m.
Jan. 9	Consolation & Championship Game		1/3 p.m.
Jan. 12	NOTRE DAME (MD)	MAGGS CENTER	5:30 p.m.
Jan. 14	MARYMOUNT *	MAGGS CENTER	5:30 p.m.
Jan. 16	Mary Washington *	Fredericksburg, VA	2 p.m.
Jan. 18	WESLEY	MAGGS CENTER	5:30 p.m.
Jan. 20	Catholic *	Washington, D.C.	6 p.m.
Jan. 23	ST. MARY'S *	MAGGS CENTER	2 p.m.
Jan. 26	GALLAUDET *	MAGGS CENTER	5:30 p.m.
Jan. 30	York *	York, PA	2 p.m.
Feb. 3	Goucher *	Towson, MD	6 p.m.
Feb. 6	MARY WASHINGTON *	MAGGS CENTER	2 p.m.
Feb. 10	Marymount *	Arlington, VA	6 p.m.
Feb. 13	St. Mary's *	St. Mary's City, MD	6 p.m.
Feb. 17	CATHOLIC *	MAGGS CENTER	5:30 p.m.
Feb. 20	YORK *	MAGGS CENTER	5:30 p.m.
Feb. 22	CAC Tournament - Quarterfinals	TBA	
Feb. 24	CAC Tournament - Semifinals	TBA	
Feb. 27	CAC Tournament - Championship	TBA	

* Capital Athletic Conference game Home Games in CAPS

SSU's Athletics Philosophy

Salisbury State University, a member of the National Collegiate Athletic Association's (NCAA) Division III, offers 19 intercollegiate sports for men and women. In addition to NCAA membership, SSU competes as a member of the Capital Athletic Conference (CAC) and the Eastern College Athletic Conference (ECAC).

As a member of the NCAA's Division III, Salisbury State places the highest priority on the overall quality of the educational experience. In doing so, it seeks to strengthen the integration of objectives and programs in athletics with academic and developmental objectives, and to assure the integration of athletes with other students.

SSU places special importance on the impact of athletics on the participants, with emphasis on the internal constituency (students, alumni and special friends) rather than on the general public and its entertainment needs.

The SSU athletics program is further characterized by the following principles:

- Participants receive the same treatment as other students. They have no unique privileges in admission, academic advising, course selection, grading, living accommodations or financial aid. Similarly, athletes are not denied rights and opportunities that would be available to them as non-athletes.

- Sports for men and women are given equal emphasis and the desired quality of competition is similar in all sports.

- Students are supported in their efforts to reach high levels of performance by providing them with adequate facilities, competent coaching and appropriate competitive opportunities with students from similar institutions.

- SSU strives to make the student-athlete's participation in intercollegiate athletics an enriching experience, and holds genuine concern for each participant's welfare. The intercollegiate program's foremost goal at all times is to supplement and enrich the first priority of the University, which is academic accomplishment.

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION • FOUNDED 1906 • ®

NCAA

Salisbury
STATE UNIVERSITY

Department of Intercollegiate Athletics
1101 Camden Avenue
Salisbury, MD 21801-6860